



## TIRED OF THOSE EXTRA CHRISTMAS POUNDS???

Wasatch County Hospital is sponsoring a weight reduction class which has been used since 1976; and will be taught by a "Registered Dietician".

**Registration: Tuesday, Jan. 28, 5:00-6:00 p.m.**

**1st Class: Tuesday, Jan. 28, 6:00-7:00 p.m.**

**Place: Hospital Cafeteria**

**\$50.00 Tuition Fee with a Rebate-Reward Program  
(A kick back up to \$30.00 for weight loss.)**

*16 Jan 1986*

## Hospital to Hold

### "Women's Health Day"

*19 June 1986*

Wasatch County Hospital will sponsor a free "Women's Health Day" on Thursday, June 26 to help women become more informed and involved in their own health care. All activities will be held at the J.R. Smith School, located at 195 East 600 North in Heber City.

"Women's Health Day" will include free lectures, health care literature, optional lunch, and a complimentary gift. Child care will also be provided free of charge so that all interested may attend.

From 10 a.m. to 12 noon, Dr. Bill Marshall, a marriage and family therapist, will discuss "Improving Family Relations."

Lunch will be available at 12 noon for \$2.50 per person, payable at the door. Those planning to attend lunch, however, must call in advance at 654-2500.

From 1 to 2 p.m., Judith Wilson, a radiologic technologist, will present "Breast Cancer Prevention and Detection through Mammography." From 2 to 3 p.m., Vicki McClellan, R.N. will address "Osteoporosis: What You Should Know," and at 7 p.m., popular speaker Johanna Flynn will present "Super Woman of the '80s: Handling Stress."

For details, call Wasatch County Hospital at 654-2500.



## WOMEN'S HEALTH DAY



**Thursday, June 26**

**J.R. Smith School**

Women's health care used to mean maternity care, which was for the most part, regulated by physicians and hospitals. Today, women take a more active role in their health, and they are much more knowledgeable about their complete health care needs. Finding answers to individual health care needs can be difficult, though, and it's hard to be sure the information is accurate.

Come find your answers and accurate information as Wasatch County Hospital presents WOMEN'S HEALTH DAY, with lectures that address the health concerns of women.





# Hospital Warmer

3 July 1986

Wasatch County Hospital thanks the March of Dimes for the overhead warmer for newborns. This was given to the hospital from the Wasatch County Chapter under the direction of Joyce Dudley. Babies are placed in an overhead warmer immediately after birth to help them adjust to their new environment while keeping their temperature stable.

Each year, the March of Dimes sponsors a walk-a-thon to collect money for the study and

prevention of birth defects. The money collected is divided between local and national chapters.

According to Joyce Dudley, the people of Wasatch County have been one of the highest contributors to the March of Dimes.

Again, Wasatch County Hospital would like to thank Joyce Dudley and the March of Dimes for their most welcome contribution.





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